

Gentile, Ann

From: Burns, Jane
Sent: Monday, December 01, 2014 1:19 PM
Subject: Stay in Shape for the Holidays from Reading Elder Services



Pleasantries

Fitness Edition 2014

Pleasant Street, Reading, MA 01867

(781) 942-6794

*Get a jump on that New Year's
resolution...At the Center there is a
fitness class for every ability.*

Motion to Music - Tues. & Thurs., 9:00 - 10:00.
\$20/month; \$15/month - any 5 classes during
the calendar month. Drop-ins \$4/session.



B.E.S.T. - Balance, Energy, Strength, Training
Fridays, 9:00 - 10:00 Lounge. Drop-in
\$3/Session.

Yoga - Mondays, 11:00 - 12:00, 5 weeks for \$50 or \$11 for drop-in.

Body and Brain Flexibility, Learn skills to enhance memory and
coordination. Classes are gentle and designed for people of all abilities.
Wednesdays thru December 17, 11:00 - 12:00, \$5 drop in.

Tai Chi - "FOREVER 49" - Fit for Life Fitness
Program - Chi Gong, weight lifting, and more. Mon.
& Weds 1:30 - 2:30 \$40 for the month or \$10 for
Drop-ins.



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Town of Reading, MA
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Office hours: Monday - Thursday 9:00 am - 2:00 pm